

Prime Time News

MOUNTAIN VIEW SENIOR CENTER



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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Recreation Coordinators

DIANE ATIENZA
SARAH FOSTER (acting)

Office Assistant III
ROY DAY

Recreation Specialist
NANCY HUGYIK

Nutrition Program
EARLENE MINNIS
650-964-6586

Evening Building Attendants

MORGAN BYLER
MANNY CANAAN
ALLIE RALPH CHING
BJ HATHAWAY
ANGELIKA IGNAITIS
JUSTINA LINAN
RICH STEPHENS

WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

STRESS MANAGEMENT: AN IMPORTANT SET OF SKILLS FOR OLDER ADULTS

When stress is overwhelming and you just can't manage it on your own anymore, where can you go? What can you do? Learn why managing stress is so crucial for your physical and mental health in this workshop with Dolores Gallagher Thompson, Ph.D., ABPP from Stanford University. Identify common stressors that many older adults face and practice techniques that can be incorporated into our everyday lives to manage stress better.

Date: Thursday, March 8 Time: 1:00pm



SENDING AND RECEIVING EMAILS: Learn different tricks and tips for making the most of your email account. If you have an existing email account, join Monica Lipscomb as she helps you discover different tools for sending and receiving emails. Prerequisites: basic computer skills and an existing Yahoo or Gmail account.

Date: Wednesday, March 21 Time: 1:00pm

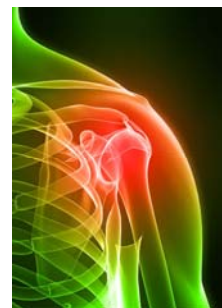


SUDOKU: BEGINNING TO INTERMEDIATE If you are looking for a way to keep your mind sharp, look no farther than the puzzle game Sudoku! Join Dick Guertin as he introduces you to techniques that will help you solve puzzles whether you are a beginner or a practiced pro.

Date: Thursday, March 22 Time : 1:00pm

SHOULDER PAIN? ELBOW PAIN? ARM NUMBNESS? Take a weight off your shoulders by joining this informative workshop about arm pain! Join Doctor Sugawara, D.C., as he discusses different causes of pain in your shoulders and elbows, as well as arm numbness and gives you tips to provide relief.

Date: Thursday, March 29 Time: 1:00pm



WORKSHOPS

City of Mountain View, CSD, Recreation Division
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov

MOVIES, MOVIES, MOVIES!

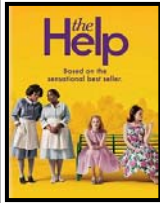
Come to one of our triple showings! **

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



THE HELP: February 28, February 29, March 2

RATED: PG-13

LENGTH: 146 Minutes

DESCRIPTION: In 1960s Jackson, Miss., aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. When other long-silent black servants begin opening up to Eugenia, the disapproving conservative Southern town soon gets swept up in the turbulence of changing times.



Midnight in Paris: March 6, March 7, March 9

RATED: PG-13

LENGTH: 94 Minutes

In this bittersweet dramatic comedy, legendary director Woody Allen focuses his lens on a young engaged couple (Owen Wilson and Rachel McAdams) whose experiences traveling together in Paris make them begin to question the kind of life they want to live as a couple.



Harry Potter and the Deathly Hallows Part II: March 13, March 14, March 16

RATED: PG-13

LENGTH: 130 Minutes

In the second installment of the two-part conclusion to the überpopular Harry Potter series, Harry (Daniel Radcliffe) and his best friends, Ron (Rupert Grint) and Hermione (Emma Watson), continue their quest to vanquish the evil Voldemort (Ralph Fiennes) once and for all. Just as things begin to look hopeless for the young wizards, Harry discovers a trio of magical objects that endow him with powers to rival Voldemort's formidable skills.



JANE EYRE: March 20, March 21, March 23

RATED: PG-13

LENGTH: 121 Minutes

Driven from her post at Thornfield House by her love for her brooding employer and his secret past, young governess Jane Eyre reflects on her youth and the events that led her to the misty moors in this artful adaptation of Charlotte Brontë's novel.



50 / 50: March 27, March 28, March 30

RATED: R (Language throughout, sexual content and some drug use) **LENGTH: 100 Minutes**

An otherwise healthy twenty-something has a comically early midlife crisis when he gets slapped with a cancer diagnosis -- and a 50-50 chance of survival. But what's the meaning of life when you're not sure how long yours will last?

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, March 19th at 2pm**. It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIG BINGO

-Feeling LUCKY?

Join us on

Monday, March 5 at 1:00 p.m. in the Social Hall for Big Bingo.

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

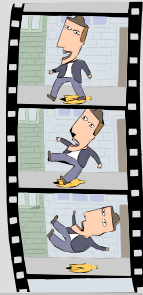
- Old eyeglasses • Magazines • DVDs • Paperback books •



FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. **SMALL** items only.

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to two DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!

SENIOR CENTER BOOK CLUB

Meetings are held the second Tuesday of each month **(3/13/2012)** in the Teen Center, 298 Escuela Avenue (next to the Senior Center), from 10:30 a.m. – 11:30 a.m. Up next for discussion is “Divine Music” by Suruchi Mohan. April’s book selection is “The Secret Daughter” by Shilpi Somoya Gowda .

COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

The mission of the Mountain View Senior Center is to provide programs that meet individual needs of seniors; create a sense of ownership in the Center; promote personal growth and socialization; and foster feelings of achievement, companionship and well-being. Participants of the Senior center are encouraged to:

- ♦ Sign-in upon arriving to the facility at either the front or back entrance
- ♦ Participate in social service, educational and recreational programs
- ♦ Socialize with other participants
- ♦ Obtain information and referrals for needed services
- ♦ Voice ideas and concerns regarding programs



Our Policies promote healthy, enjoyable and safe use of the Mountain View Senior Center for all participants:

- ♦ Treat others with courtesy and respect
- ♦ Refrain from use of abusive language, inappropriate physical contact or harassment of participants and staff
- ♦ Refrain from the consumption of alcohol on the premises
- ♦ Attend any required program orientations, including specific guidelines for use of facility equipment
- ♦ Follow guidelines for use of facility equipment
- ♦ Follow rules of any programs or classes participant attends

VISIT MOUNTAIN VIEW'S MOBILE LIBRARY AT THE SENIOR CENTER!

Why make a trip to the library when the library comes to us! Mountain View's mobile library makes weekly visits to the Senior Center on Thursdays between 10:30 am-11:15 am. You can find them parked in front of the Senior Center. Use your library card to borrow a good book and read away!



FREE HEARING SCREENING!

Wednesday, April 11, San Jose State University students will be offering free hearing tests accompanied by counseling on the status of your hearing, communication strategies for how to communicate when you have trouble hearing, and tips on how to communicate with people who have difficulty hearing. Registration for this free screening event will begin on Monday, March 12 at the front desk. Register early as space fills quickly!

INCOME TAX ASSISTANCE APPOINTMENTS

Tax assistance is provided by AARP volunteers. Tax appointments are available each Tuesday and Wednesday, 9:00 a.m.-12:00 p.m. through April 17, 2012. To signup, visit the Senior Center front desk or call 650.903.6330 for an appointment.

What to bring to your appointment:

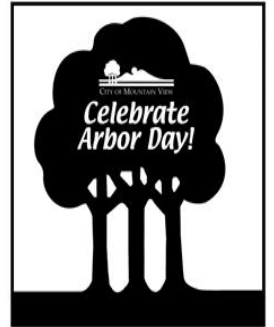
- Copy of last year's state & federal income tax returns
- W2 form (from employer)
- 1099-INT (regarding interest income)
- 1099-DIV (regarding dividends income)
- 1099-R (retirement and IRA income)
- SSA-1099 from social security
- 1099-B (for sale of stock) plus original cost and date of purchase info.
- Any other 1099 Forms received
- If deductions are claimed, bring information to support
- Name and address of landlord to receive state renter's credit
- Property tax bill paid 2011

**AARP cannot file joint returns for Registered Domestic Partners at the Senior Center.

JUST WHAT THE DOCTOR ORDERED Can laughter help keep your mind sharper? What is the power of happiness? Learn about the connection between emotional wellness and mental acuity by joining this workshop with Matt Burke, Social Service Director at Villa Siena. If you like what you hear, you can learn more as he begins a free class on these very topics this spring! Please join us on Thursday, April 5 @ 1:00pm in the Social Hall. Everyone is welcome!

CLEBRATE ARBOR DAY!

The City of Mountain View will be celebrating Arbor Day in Pioneer Memorial Park on **Saturday, March 10, 2012**. Festivities begin with a themed children's reading presentation in the Mountain View Public Library at 10:15 am and continue with Arbor Day activities, including a tree planting ceremony at 11:00 am. Enjoy free activities such as children's arts and crafts and complimentary hot dogs and drinks. Various public agencies and volunteer environmental groups will have information booths set up to learn more about trees, composting and much, much more. Folks can recycle their old medications and enjoy a tree climbing demonstration by the City of Mountain View's Forestry Division. Live music will compliment the day. Join us! All are welcome to this free event! Pioneer Memorial Park is located between City Hall and the Mountain View Public Library. The event will be celebrated rain (good for the trees!) or shine (also good for the trees!) For more information, contact the Forestry and Roadway Landscape Division at (650) 903-6237.



VOLUNTEER CORNER

January 2012

Brown Bag	240
Lunch Program	266
Receptionists	146.5
Social Services	43
Teaching	210.75
Total	906.25 hours!!

Check out our Winter/Spring Class Guide!

Join one or more of our many classes held at the Senior Center, including exercise, arts and crafts, music, dance, and more! Class Guides are available at the Senior Center front desk.

Winterize your Workout!

Don't let the cold keep you from getting some exercise! Join one of the Senior Center's indoor fitness classes or work up a sweat in our exercise gym (orientation required prior to use)! Or, if you plan on heading outdoors, make sure to pay attention to the weather conditions, choose appropriate gear, and dress in layers! No matter what you choose

for your winter exercise, get yourself going and have fun!



SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2012) from 2:00 p.m. - 4:00 p.m.

Upcoming meetings in 2012 will be:
March 21, April 18, and May 16.

1ST ANNUAL HOT CUP OF TALENT JOE!

Join us as we watch performers of the Senior Center show off their talents! From dancers, to singers, to poetry readers, come and support the best talent around! This showcase will take place on Thursday March 15 at 2:30 p.m. in the Senior Center Social Hall. Free coffee will be available for the audience. Arrive early for best seating and be ready to celebrate talent! Please, NO HECKLERS. For more information, visit the front desk or call 650-903-6330.



INTERESTED IN PLAYING TABLE TENNIS?

The Senior Center's table tennis tables are open to ALL seniors who want to play! To play on the indoor tables, **you must sign up at our reception desk** for a half hour time slot, up to half an hour in advance. (you do not need to sign up to use the outdoor table). All skill levels from novice to experienced can use the tables, so join the fun now!



**TABLE TENNIS
TABLE 1 WILL BE CLOSED ON
TUESDAYS AND WEDNESDAYS
STARTING WEDNESDAY,
FEBRUARY 1ST - TUESDAY, APRIL
17TH, FOR THE 2012 TAX
SEASON.**

Appointments are necessary, unless otherwise noted.
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

There are NO waitlists for appointments.

HEALTH SERVICES



ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**3/28/12**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGLOSS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**3/13/12 & 3/27/12**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month (**3/12/12 & 3/27/12**).



NOTARY SERVICE Notary service will not be available in the month of March. Service will return in April.

PODIATRY SCREENING - **Third Wednesday (3/21/12)** of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - **The 1st and 3rd Thursday (3/1/12 & 3/15/12)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation for ages 60+ is **\$2.50**, and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

VTA will be at the Senior Center on **April 12, 2012 at 10:00 a.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon.** Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.



CSA INFORMATION + REFERRAL

On the **third Tuesday of each month (3/20/12) at 11:00 a.m.**, agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

AARP DRIVER SAFETY

REFRESHER COURSE - **Tuesday, April 3, 2012 from 4:30 p.m. to 9 p.m.** The fee for the **refresher** driving instruction session is \$12 for AARP members and \$14 for non-members. To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

REGULAR CLASS - The Safety Program class offered by AARP is scheduled for **June 19 and 26, 2012 from 5:00 p.m. to 9:00 p.m.** at the Senior Center. The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier. **ONLINE** - Driver Safety program now available. Visit www.aarp.org for information & to sign up. **NOTE:** AARP may cancel course if fewer than 10 students enroll.

Mountain View Seasoned Travelers

For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.

THUNDER VALLEY

CASINO, Lincoln

WHEN: Thursday, March 8, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.

CHUKCHANSI GOLD

CASINO, Coarsegold

WHEN: Wednesday, April 4, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

RIVER ROCK CASINO, Alexander Valley

WHEN: Thursday, May 3, 2012

COST: \$31 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

Travel Trips to put on your 2012 calendar

July 9th:	Jackson Rancheria
July 26th:	Annieglass Studio & Shadow Restaurant, Capitola
Aug 6th:	Feather Falls Casino
Sept 4th:	Thunder Valley Casino
Oct 3rd:	High Hill Ranch/ Apple Hill
Oct 8th:	Chukchansi Gold Casino
Nov 6th:	Cache Creek
Dec 4th:	Red Hawk

A DAY AT THE RACES

WHEN: Thursday, April 12, 2012

COST: \$78.00 per person

INCLUDES: Join us for a day at the beautiful **Golden Gate Fields**. We'll see the best jockey's in the nation, aboard big beautiful horses flying around the track. Lots of color and excitement, particularly if the one you bet is in the running.

We've included a Buffet Lunch at the Turf Club .

DEPART: 10:15 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.



CULINARY INSPIRED NAPA VALLEY DAY TOUR

WHEN: Monday, May 14, 2012








COST: \$111.00 per person

INCLUDES: For more than six decades the **Culinary Institute of America** has been setting the standard for excellence in professional culinary education. A world of diverse cuisines and enticing flavors await you at the award winning, student-staffed restaurant. The home of the great chefs of tomorrow will prepare and serve your meal under the guidance of world-class chef-instructors. Our visit will begin with a guided tour of the magnificent stone mansion including the culinary school, grounds, and marketplace. After our tour, we invite you to relax and enjoy a 3-course hosted luncheon offering an array of delicious culinary temptations prepared by these culinary artisans. **The Oxbow Public Market** features the work of local artisan specialties including olives, wine, cheese, chocolate, ice cream, bakery goods, meats, seafood, coffee, tea, spices, fresh produce, hand made crafts and gift items. We'll enjoy a guided tour of the market offering a fun and educational experience followed by free time to sip, taste and shop!

DEPART: 8:30 a.m. from Rengstorff Park



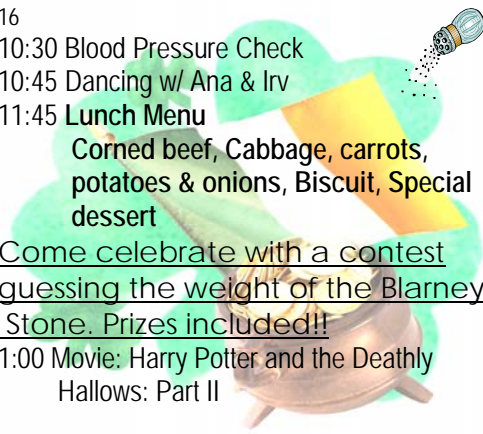
RETURN: Approximately 5:30 p.m.



Monday		Tuesday	Wednesday
NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.			
 = Meal contains more than 1000mg sodium			
5 10:30 Dancing, Social Hall 11:45 Lunch Menu Chicken cordon bleu (stuffed with ham and Cheese) Brown rice, Peas & pearl onions, Green salad, Fruit 1:00 Big Bingo, Social Hall 	6 11:45 Lunch Menu Beef stroganoff, Noodles, California blend veggies, Cabbage salad, Gelatin w/ fruit 1:00 Movie: Midnight in Paris 4:00 Wii Bowling 	7 10:30 Line Dancing, Social Hall 11:45 Lunch Menu Teriyaki chicken, Brown rice, Japanese blend veggies, Green salad, Fruit 12:45 Bingo, Social Hall 5:30 Movie: Midnight in Paris	
12 8:30 HICAP 10:30 Dancing, Social Hall 11:45 Lunch Menu Chop suey (pork), Brown rice, Bok choy, onions, celery, bean sprouts in entrée, Cabbage salad w/ crispy noodles, Apricots	13 8:50 Eyeglass Repair 10:30 Book Club - "Divine Music" 11:45 Lunch Menu Ron's special chicken, Whole grain bread, Mixed veggies, Green salad, Topical fruit 1:00 Movie: Harry Potter and the Deathly Hallows: Part II 4:00 Wii Bowling	14 10:30 Line Dancing, Social Hall 11:45 Lunch Menu Baked salmon stuffed w/ crab, Couscous w/ onions, mushrooms & green bell peppers, String beans, Carrot raisin salad, Fruit 12:45 Bingo, Social Hall 5:30 Movie: Harry Potter and the Deathly Hallows: Part II 	
19 10:30 Dancing, Social Hall 11:45 Lunch Menu Beef stir-fry, Brown rice, Roasted carrots, zucchini, red bell peppers, onions & sesame seeds, Fruit 2:00 Newcomers Group	20 11:00 CSA Information + Referral 11:45 Lunch Menu Chili verde (pork), Tortilla, Fresh refried beans, Green salad, Fruit 1:00 Movie: Jane Eyre 4:00 Wii Bowling 	21 10:00 Podiatry Screening 10:30 Line Dancing, Social Hall 11:45 Lunch Menu Spaghetti w/ meatballs, Garlic bread, Italian Veggies, Sliced tomatoes & bell peppers, Fruit 12:45 Bingo, Social Hall 1:00 Workshop "Sending & Receiving email" 2:00 Senior Advisory Committee Mtg 5:30 Movie: Jane Eyre 	
26 10:30 Dancing, Social Hall 11:45 Lunch Menu Chicken pot pie, Mixed Veggies in entrée, Tossed salad, Fortified juice 	27 8:50 Eyeglass Repair 11:45 Lunch Menu Meat loaf, Whole grain bread, Mixed veggies, Mashed potatoes, Fruit 1:00 Movie: 50 / 50 2:00 HICAP 4:00 Wii Bowling	28 10:30 Line Dancing, Social Hall 11:45 Lunch Menu Baked fish, Brown rice, Peas & pearl onions, Carrot raisin salad, Orange 12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: 50 / 50	

Thursday

Friday

<p>1</p> <p>10:30 Bookmobile</p> <p>11:45 Lunch Menu Chicken enchilada, Spanish rice, Corn, Green salad, Fruit</p> <p>1:00 SALA Appointments</p> 	<p>2</p> <p>10:30 Blood Pressure Check</p> <p>10:45 Dancing w/ Ana & Irv</p> <p>11:45 Lunch Menu Country fried steak, Whole grain bread, Broccoli & carrot Mashed potatoes, Pears</p> <p>1:00 Movie: The Help</p>
<p>8</p> <p>7:30 Thunder Valley Casino</p> <p>10:30 Bookmobile</p> <p>11:45 Lunch Menu Hot turkey sandwich, Bread, Green beans & carrots, Fortified Juice, Oatmeal cookie</p> <p>1:00 Workshop "Stress Management"</p>	<p>9</p> <p>10:30 Blood Pressure Check</p> <p>10:45 Dancing w/ Ana & Irv</p> <p>11:45 Lunch Menu Linguine with tuna, Pasta peas & red bell peppers in Entrée, Spinach Salad, Fruit</p> <p>1:00 Movie: Midnight in Paris</p>
<p>15</p> <p>10:30 Bookmobile</p> <p>11:45 Lunch Menu Baked ham w/ pineapple Sauce, Whole grain bread, California blend veggies, Baked potato, Fruit</p> <p>11:45: Trip- Golden Girls of Pop</p> <p>1:00 SALA Appointments</p> <p>1:00 Workshop: "Sudoku"</p> <p>2:30 Talent Show</p> 	<p>16</p> <p>10:30 Blood Pressure Check</p> <p>10:45 Dancing w/ Ana & Irv</p> <p>11:45 Lunch Menu Corned beef, Cabbage, carrots, potatoes & onions, Biscuit, Special dessert</p> <p><u>Come celebrate with a contest guessing the weight of the Blarney Stone. Prizes included!!</u></p> <p>1:00 Movie: Harry Potter and the Deathly Hallows: Part II</p> 
<p>22</p> <p>10:30 Bookmobile</p> <p>11:45 Lunch Menu Oven fried chicken, Whole grain bread, Broccoli & carrots, Mashed Potatoes, Fruit</p>	<p>23</p> <p>10:30 Blood Pressure Check</p> <p>10:45 Dancing w/ Ana & Irv</p> <p>11:45 Lunch Menu Breaded fish, Whole grain bread, Baked potato, Chef's blend veggies- Fruit</p> <p>1:00 Movie: Jane Eyre</p>
<p>29</p> <p>10:30 Bookmobile</p> <p>11:45 Lunch Menu Lasagna, Corn, Coleslaw, Fruit</p> <p>1:00 Workshop: "Shoulder Pain"</p>	<p>30</p> <p>10:30 Blood Pressure Check</p> <p>10:45 Dancing w/ Ana & Irv</p> <p>11:45 Lunch Menu Boneless pork chop in mushroom gravy, Brown rice, 5-way blend veggies, Fruit</p> <p>1:00 Movie: 50 / 50</p>

Beer Battered Fish

2 cups flour

1 tablespoon baking powder

1 teaspoon kosher salt

1/4 teaspoon cayenne pepper

1 bottle brown beer, cold

1.5 pounds white fish like tiapia, cod or red snapper

Cornstarch, for dredging

Lemon wedges

Heat oil to 375 degrees

Combine dry ingredients, except the cornstarch, in a large bowl.

Slowly add the beer until the mixture becomes a pancake-like batter.

Refrigerate for 15 minutes.

De-bone your fish, if necessary, and dredge in cornstarch.

Coat each piece of fish in the batter and fry until golden brown, about 2 minutes.

Makes 4 generous servings.

Serve with chips and lemon wedges and enjoy!



WELCOME to the "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond!

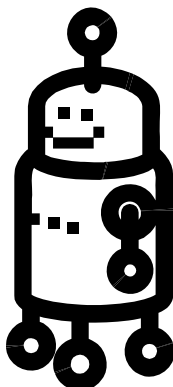
JOIN THE PARADE!

Sat. April 28, 2012

Do you belong to a Mountain View community group? Then consider joining the Mountain View Family Spring Parade! The Parade celebrates all the groups that make Mountain View unique and a great place to live. Whether you walk, bike, or take a float, we want to see you out there!

This year's theme is "Rock It to the Future".

For information or to sign up, call 650-903-6331.



DAYLIGHT SAVINGS RETURNS TO THE BAY AREA

Remember to **SPRING FORWARD**. Set your clocks forward **ONE** hour on Sunday March 11.



WORKSHOP SURVEY

Every month, the Senior Center offers several free workshops on topics that range from health to hobbies to resources in the Bay Area for seniors. We would like to hear from you! Please let us know which workshops you are interested in and give us feedback on any workshops you have attended. Workshop Series Surveys are available at the front desk! 'Help us, help you'

**GIVE US
YOUR EMAIL**

If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!

Are you on **facebook**? Get to-the-minute updates on recreation opportunities and events by "liking" the City of Mountain View Recreation Division Facebook page!

St. Patrick's Day Fun Facts



In Ireland on St. Patrick's Day, people traditionally wear a small bunch of shamrocks on their jackets or caps.

Children wear orange, white and green badges, and women and girls wear green ribbons in their hair.

34 million Americans have Irish ancestry, according to the 2003 US Census.

According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14.



Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.

One estimate suggests that there are about 10,000 regular three-leaf clovers for every lucky four-leaf clover.

San Francisco has a Church by the same name: St Patrick Catholic Church. This church was established in 1851. It is located on Mission St.

San Francisco will be hosting the 160th St Patrick's Day Parade in 2012.



St. Patrick is the patron Saint of Ireland. But for all his celebrity, his life remains somewhat of a mystery. Many of the stories traditionally associated with St. Patrick, including the famous account of his banishing all the snakes from Ireland, are false, the products of hundreds of years of exaggerated storytelling. It is known that St. Patrick was born in Britain to wealthy parents near the end of the fourth century. He also superimposed a sun, a powerful Irish symbol, onto the Christian cross to create what is now called a Celtic cross. It is believed that he died on March 17 in the year 461 AD.